



# Haywards Heath Harriers



## Handbook 2018-19 (Revised April 2018)

*'The aim of the Club is to encourage, promote and develop athletics in the Mid-Sussex area, in the disciplines of track and field, road racing and cross country.'*

### WELCOME FROM THE CLUB CHAIR, MARION HEMSWORTH

"On behalf of everyone at Haywards Heath Harriers, I would like to wish you a warm welcome to the Club. Make the most of the opportunities on offer and please be prepared to give something back, too! Above all, enjoy yourself while achieving the best you can."

### ABOUT US

We are the only specialist athletics club in Mid-Sussex, and have about 300 members. From county and elite athletes to those just beginning to run, we pride ourselves on welcoming everyone. Our qualified coaches take groups of every ability, and help everyone to reach their potential.

However, it is not only about excellence. It is also about:

- enjoying training and competition with fellow members
- building friendships
- helping each other to achieve individual and Club goals at whatever level
- developing the Club.

### MEMBERSHIP

The membership fee includes free coaching, help and advice with training programmes, track and field league events, entry in the draw for the Club's places in the London Marathon, discounts at local running shops and organised social events.

The Club has a formal Constitution, Welfare Policy, Equality and Diversity Policy and Code of Conduct. Copies of all the documents are available on our website, or you can ask to see hard copies at Tuesday training.

The Club's committee meets regularly to manage Club finances, discuss forthcoming races, membership initiatives, elect new members, coaching and other matters which may arise. Members are welcome to attend at any time.

The renewal date for subscriptions is 1st April each year. For further information, please see our website.

### CLUB COMMUNICATION

Club news is shared through our website [www.haywardsheathharriers.co.uk](http://www.haywardsheathharriers.co.uk), by email

(please ensure we have a current email address for you) or during announcements, which take place 7pm during training on Tuesday evenings.

We are also on Facebook, and all members who are old enough to be on social media are invited to join the group, as are parents/carers of younger members.

If you have anything you'd like other members to know about, please email Paul Cousins via [papa-p@talktalk.net](mailto:papa-p@talktalk.net)

## **SOCIAL**

The Club organises regular, informal meet-ups, usually at a local pub. We celebrate our achievements each year at our annual prize-giving evening. We also hold handicapped Club races twice a year, which invariably involve some post-race eating and drinking!

## **TRAINING OPPORTUNITIES**

Our main training sessions are on Tuesday evenings. During the winter months endurance runners continue to train outdoors, while track and field athletes train indoors. Both the Intermediate and Junior training groups base themselves indoors, but go outside for distance and hill training. In the winter the first Tuesday session each month for Juniors, Seniors and Intermediates is circuit training.

Training groups and times are as follows:

Junior Ennis (school years 5 and 6) 5 – 6pm

Junior Farah (school years 7 and 8) 6 – 7pm

Intermediates (school years 9 and 10) 7 – 8.15pm

Seniors 7 – 8.30pm

Summer training is at Whitemans Green, Cuckfield. During the winter we meet at Warden Park Sports Hall, Cuckfield.

The Tuesday endurance session starts with a warm-up and stretch, followed by a mix of interval training, sprints, hill work or technique. Everyone can train at their own pace, so the session is suitable for all standards of runner.

Both the Junior and Intermediate groups start each session with a comprehensive warm-up indoors, and then follow a structured training programme allowing them to gain the knowledge and experience of all the disciplines in athletics, and training to reach their full potential.

There are also group runs on Thursday evenings for endurance runners, held all year round. These are approximately an hour long; details are emailed each week.

## **LEAGUES AND COMPETITIONS**

The Club is affiliated to the Sussex County Athletic Association and England Athletics, under the umbrella of UK Athletics, the National Governing Body.

We are actively involved in the following competitions during the year:

## All Year

- West Sussex Fun Run League, mainly seniors but with some races for juniors
- Sussex Road Race Grand Prix, seniors
- Sussex Track & Field, Road and Relay Championships

## Summer Season

- Southern Athletics League, as a joint team with Lewes AC
- Sussex Masters Track & Field League, as a joint team with Lewes AC
- Youth Development League (U17 and U20) joint team with Lewes AC, East Grinstead AC & Eastbourne Rovers AC
- South Downs Way Relay
- Sussex U13 and U15 Track & Field Leagues

## Winter Season

- Sussex Cross Country League, and Championships, all age groups
- Sussex Sports Hall League (U11, U13 and U15)
- Indoor Sprints and Hurdles competitions

The Club will enter members into West Sussex Fun Run League events for which the entry fee is £3. All you have to do is give your name to the club's WSFRL representative, Julian Boyer, and make a minimum advance payment of £12 to cover future races.

For more competitive runners, the Sussex Grand Prix offers a range of races, from 5k to 20 miles. When you take part in any SGP event you receive points based on your age and sex. If you complete sufficient races you will be eligible for the annual SGP awards, and also Club awards based on your age-graded score.

See [www.sussexraces.co.uk](http://www.sussexraces.co.uk) for further information on these, and other local events.

We strongly encourage all members to take part in races and competitions, and to wear their Club vest with pride!

## **COACHING**

We have a group of dedicated coaches:

Head Coach - Mike Essex

Head Junior Coach - Linda Tullett

Head Endurance Coach - Martin Delbridge

Sprints Coach - Bob Ruff

Jumps Coach - John Morgan and Ben Radcliffe

Throws Coach - Mike Bale

Linda and Martin are helped by a team of assistant coaches. All our coaches are appropriately qualified and give their time and expertise on a voluntary basis.

The Club always welcomes and supports those who would like get involved in coaching, and is happy to meet the cost of coaching courses for members. Please speak to Mike if you would like to get involved.

## **RUN TOGETHER**

The Club actively supports the Run Together project to attract beginners into the sport. We hold separate sessions for those who feel they are not yet ready to join the 'club system'. If you have friends or family who would like to try running, but aren't sure where to start, please encourage them to try out our beginner or improver running groups. For more details contact Marion on 07759 543522, or email [marionhemsworth@aol.com](mailto:marionhemsworth@aol.com).

## **AWARDS AND PRIZES**

The Club offers a variety of awards in a range of categories. Some of our awards are performance-related, others are for commitment and dedication to the Club. A full list can be found on our website.

## **CLUB KIT**

All new members will receive a Club vest when they join. We also have bespoke technical running tops, jackets, hoodies and tracksuit trousers, which are available via an online pop-up shop. Because the kit is manufactured to order, we open the shop window twice a year, to ensure that orders are grouped together in sufficient quantities to meet minimum order requirements. Please contact Marguerite Lazell via [hhhkit@outlook.com](mailto:hhhkit@outlook.com) for more details.

For Juniors only the Club holds a stock of light grey hoodies which are available for purchase on Tuesday evenings.

## **A LITTLE CLUB HISTORY**

Way back in time there was a Haywards Heath Athletics Club. There are no known records now in existence, but we do know that it just about re-surfaced after the war before drifting rapidly into oblivion. In its present form the Harriers emerged in 1965, and became formally affiliated to the governing body in February 1966, which we consider to be the year of our formation.

At first it was largely a club for juniors and intermediates (i.e. school-age youngsters) but as some of these original members got a little older, and some of the parents and helpers became more involved, a senior section developed. Over the last 40 or so years the demographic break down of the Club has changed a lot, with an ebb and flow of members in all age groups, as well as a swing from one discipline to another from year to year. From small beginnings the overall membership has grown to its current level of around 300.

The Club's most famous "old boy" is, by far, Olympic decathlon champion Daley Thompson, who started his athletics career with the Club and stayed with the Harriers for some time until he had little choice but to move on so that he could develop his talent at a higher level, culminating in two Olympic golds in the decathlon in 1980 and 1984. He still holds the Club's U17 records for 100m (11.1sec), 200m (22.9sec) and high jump (1.93m), all of which he set in 1974.

Several others have achieved international vests after starting out with the Harriers, notably Debbie Peel (Senior 3000 metres), Emily Goodall (Junior 800 metres), Duncan Malins (Junior 110 metres hurdles) and Kevin Holland (Junior cross country).

Over the years the Club has developed to cater for all aspects of the varied sport of athletics: track and field, cross country, road races, ultra-distance events, trail races and fun runs. The Club records would suggest that the only UKA-governed discipline we have not at some time contested is the tug of war. The Club has had many county champions and whilst this boast does not necessarily cover all events, it certainly includes champions on the track, jumpers and throwers in the field as well as road and cross-country winners.

## THE COMMITTEE

The Club committee is elected at the Annual General Meeting, held every March. The committee meets regularly once a month, or every other month. The following members have particular responsibilities:

Chair	Marion Hemsworth	<a href="mailto:chair@haywardsheathharriers.co.uk">chair@haywardsheathharriers.co.uk</a>
Deputy Chair	Paul Cousins	<a href="mailto:papa-p@talktalk.net">papa-p@talktalk.net</a>
Secretary	Linda Tullett	<a href="mailto:secretary@haywardsheathharriers.co.uk">secretary@haywardsheathharriers.co.uk</a>
Treasurer	John Rix	<a href="mailto:treasurer@haywardsheathharriers.co.uk">treasurer@haywardsheathharriers.co.uk</a>
Fixtures Secretary	Carl Bicknell	<a href="mailto:bicknellcarl@gmail.com">bicknellcarl@gmail.com</a>
Membership Sec	Tim Hicks	<a href="mailto:membership@haywardsheathharriers.co.uk">membership@haywardsheathharriers.co.uk</a>
Head Coach	Mike Essex	<a href="mailto:michaelessex@btinternet.com">michaelessex@btinternet.com</a>

## WHAT YOU CAN DO FOR THE CLUB!

The Club is run by volunteers, but all members can make a contribution to the Club's continuing success by:

- Participating! Enter races and competitions
- Helping out at Harriers own events, such as our WSFRL event in October and our track meet, held in Crawley
- Wearing club kit
- Welcoming new members and making them feel at home
- Training as an official or coach – ask for details on how to do this
- Taking on a Club organising role
- Joining the committee
- Paying your fees on time
- Participating and volunteering at our home parkrun – Clair parkrun

## Parents of Juniors

Parent helpers are becoming more important to the smooth running of the Club than ever before. With large numbers of junior athletes training on a regular basis, we are becoming more reliant on them. If you are interested in becoming a parent helper, please see Linda (Head Junior Coach) or Mike (Head Coach). All we require is a valid DBS certificate, completed Volunteer Agreement Form and your enthusiasm. The Club will also give financial support to any parent helper who wishes to put a foot on the ladder to becoming a qualified coach.

If you want any further information on Haywards Heath Harriers, please have a look at our website or ask one of us at club night.